

# The Safety Net

DIVISION OF DEVELOPMENTAL DISABILITIES



DEPARTMENT OF ECONOMIC SECURITY

Your Partner For A Stronger Arizona

A Quality Assurance Bulletin

## ISSUE XV SPRING 2011

### IN THIS ISSUE

#### WHEN IN DOUBT, THROW IT OUT!

Safe Handling of Foods

#### DENTAL SERVICES

State-of-the-Art Dental Care Available

#### RIGHTS & SAFEGUARDS

Free Booklet for Self-Advocates

#### "ACHOO!" ALLERGY TIME

Know the Symptoms

#### BE ALERT

Food Choking Hazards Awareness

### Equal Opportunity Employer/Program

Under Titles VI and VII of the Civil Rights Act of 1964 and the Americans with Disabilities Act of 1990 (ADA), Section 504 of the Rehabilitation Act of 1973, and the Age Discrimination Act of 1975, the Department prohibits discrimination in admissions, programs, services, activities, or employment based on race, color, religion, sex, national origin, age, and disability.

The Department must make a reasonable accommodation to allow a person with a disability to take part in a program service or activity. For example, this means if necessary, the Department must provide sign language interpreters for people who are deaf, a wheelchair accessible location, or enlarged print materials. It also means that the Department will take any other reasonable action that allows you to take part in and understand a program or activity, including making reasonable changes to an activity. If you believe that you will not be able to understand or take part in a program of activity because of your disability, please let us know of your disability needs in advance if at all possible.

To request this document in alternative format or for further information about this policy, contact the Division of Developmental Disabilities ADA Coordinator at (602) 542-6825; TTY/TTD Services: 7-1-1.

## WHEN IN DOUBT, THROW IT OUT!

### Safe Handling of Foods During Seasonally Warm Months

—Betty Fiore

QUALITY ASSURANCE MONITORING UNIT

It's that time of the year to prepare various foods for an increase in outdoor events and activities that include picnics, BBQs, cold lunches, and snacks. It is important to always keep food safety awareness in mind in order to prevent spoilage and possible food-borne illnesses.

Some foods are hot and some are cold when purchased. Perishable foods can cause certain illness when mishandled. Proper handling of the food and leftovers is essential to ensure the food is kept safe for consumption.

Here are some important considerations to follow:

#### TWO-HOUR RULE



To keep HOT food safe, they should be maintained at 140°F or above. COLD food must be kept at 40°F or below. Bacteria grows rapidly between 40° - 140°F. Discard all perishable food such as meat, eggs, and casseroles left at room temperature longer than two (2) hours or longer than one (1) hour in temperatures above 90°F.

#### KEEP HOT FOOD HOT



As noted above, once food is cooked, it should remain hot at an internal temperature of 140°F or above. Just keeping food warm (between 40° - 140°F) is not safe. Use a food thermometer to monitor the internal temperature of the food.

**Remember the TWO-HOUR RULE!**

#### KEEP COLD FOOD COLD



Cold food should be maintained at a temperature of 40°F or below. When food is purchased cold for an outdoor event, a cooler with plenty of ice or frozen gel packs is a practical alternative to a refrigerator. Keep the cooler in the shade when possible.

**Remember the TWO-HOUR RULE!**

#### LEFTOVERS



It is important to discard all perishable food items left at room temperature longer than two (2) hours or one (1) hour in air temperatures above 90°F (outdoors). This includes leftovers taken home from a restaurant. Some exceptions to this rule are food items such as crackers, cookies, bread, and whole fruits and vegetables.

After being cooked, whole roasts, hams, and turkeys should be sliced or cut into smaller pieces or portions before storing them in the refrigerator or freezer. Turkey legs, wings and thighs may be stored whole. Food should always be wrapped and stored in shallow containers.

#### FOOD STORAGE GUIDELINES



##### REFRIGERATED FOODS • 40°F or Below

- Cooked Meat/Poultry • 3 to 4 Days
- Luncheon Meat • 3 to 5 Days
- Leftover Pizza • 3 to 4 Days
- Egg, Tuna, or Macaroni Salads • 3 to 5 Days

##### FROZEN FOODS • 0°F or Below

- Cooked Meat/Poultry • 2 to 6 Months
- Luncheon Meat • 1 to 2 Months
- Leftover Pizza • 1 to 2 Months
- Salads w/Mayonnaise • DO NOT FREEZE!

#### REHEATING FOODS



- Reheat meat or poultry to an internal temperature of at least 165°F. Use a food thermometer.
- Reheat sauces, soups, and gravies until they begin to boil.
- When reheating in the oven, set oven temperature to 325°F.
- Reheating in slow cookers NOT recommended because foods may remain in the "Danger Zone" (40°F and 140°F) too long.
- When using a microwave oven, cover and rotate food for even heating.

#### FOR ADDITIONAL RESOURCE INFORMATION:

[http://www.fsis.usda.gov/Fact\\_Sheets/Barbecue\\_Food\\_Safety/index.asp](http://www.fsis.usda.gov/Fact_Sheets/Barbecue_Food_Safety/index.asp)

<http://www.cdc.gov/foodsafety/>

# DENTAL SERVICES

## State-of-the-Art Dental Services Available

—Louette M. Coulson, R.N., BSHS  
HEALTH CARE SERVICES ADMINISTRATOR

State-of-the-art dental care is available for special needs consumers at the Special Care Clinics of the Arizona School of Dentistry and Oral Health (ASDOH), A.T. Still University. Services include crowns and bridges, implant supported dentures, gum and oral surgery, and laser surgery.

There are two locations available providing dental care for half the cost of regular dentistry:

5855 East Still Circle  
Mesa, AZ 85206  
480-248-8170

and

20325 N. 51st Avenue • Suite 156  
Glendale, AZ 85308  
623-251-4711



However, not everyone can make it to Maricopa County. In that case, dentists trained through the Robert Wood Johnson grants at the Special Care Clinics can be located on-line through the Arizona Dental Association website: <http://www.findadentist4.me/> and click the appropriate boxes. First choose a location by city or zip code, then choose a specialty, **be sure to click the "special needs" box**, and then click "Find the Dentist". For inquiries regarding licenses, licensure certification, and complaint history, please contact the Arizona Board of Medical Examiners at 602-242-1492.

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In late-2010 MOLAR (Maricopa County Oral Health Leaders, Advocates and Resources) was formed to promote accessible and affordable oral health care for everyone in Maricopa County. The Division's Health Care Services Administrator, Louette Coulson, is a participant. Through advocacy, education, and communication, MOLAR promotes three values: 1) oral health is a part of total health; 2) no one should suffer from preventable, treatable oral disease; and 3) MOLAR values partnerships as a means to impact health care system changes.

MOLAR strives to keep everyone informed and linked to the oral health community of Maricopa County by providing opportunities for collaborative projects, seeking grants and funding, guest speakers, in-service training, networking, and workshops.

If left untreated, oral infections create social and financial burdens for individuals and families. The signs and symptoms of many potentially life-threatening diseases first appear in the mouth. More Arizonans have dental disease than found nationally. More than 40% of Arizona's Third Grade children have untreated tooth decay. Centers for Disease Control recommend community water fluoridation as a safe, effective, and inexpensive way to prevent tooth decay. In 2008, Arizona was ranked 41 by state fluoridation percentages.

## RIGHTS & SAFEGUARDS

### A Guide for Self-Advocates

Community Living BC (CLBC) has published a free booklet to assist self-advocates in understanding their personal rights and safety. With the use of drawings and very few words, ideas are clearly presented and easy to understand. The booklet can be downloaded on-line from the following web address:

<http://communitylivingbc.ca/wp-content/uploads/Rights-and-Safeguards.pdf>

Community Living BC (CLBC) - [www.communitylivingbc.ca](http://www.communitylivingbc.ca)  
7th Floor, Airport Square • 1200 West 73rd Street • Vancouver, BC • V6P 6G5











is presented by Division of Developmental Disabilities' Central Office Quality Assurance Unit. Articles are researched and compiled by Quality Assurance staff and Division Managers. Any questions or feedback? Please contact Steven Stencil at [SStencil@azdes.gov](mailto:SStencil@azdes.gov) or 602-817-6700.

## "ACHOO!" ALLERGY TIME

### Know the Symptoms & Obtain Treatment

—Annette Lammon-Belcher, R.N.  
HEALTH CARE SERVICES MANAGER

Spring is a time for allergies. Nearly one (1) out of five (5) persons experience allergies. Allergy symptoms can differ from one person to another, and here are some common allergy symptoms:

 <b>RUNNING NOSE</b> (clear)	 <b>COUGHING</b>
 <b>SKIN RASH</b> or HIVES	 <b>HEADACHE</b>
 <b>BREATHING PROBLEMS</b>	 <b>DIARRHEA</b>
 <b>RED SWOLLEN EYES</b>	 <b>WHEEZING</b>



Allergy triggers can be caused by pollen, mold, dust, pet dander, medications, food, insect bites and other types of substances. Most allergies are treated with antihistamines.

If you are experiencing allergy-like symptoms, you need to make an appointment with your doctor, or Primary Care Provider (PCP). During your appointment, your PCP will try to identify the cause of your allergy symptoms and discuss the most appropriate options to assist you. If **severe** allergy symptoms are present, your PCP may give you a prescription for various medications. Persons with allergies to food or insects may require an Epi-pen, which is an epinephrine injection prescribed to stop/reverse severe life threatening allergic reactions. If prescribed, the Epi-pen needs to be with the person at all times.

Allergies can also become a primary trigger for ASTHMA.

Be aware that severe allergy symptoms such as **SHORTNESS OF BREATH, WHEEZING**, and **SWELLING OF THE MOUTH OR THROAT** can become life-threatening and require immediate treatment at the emergency room.

### FOR ADDITIONAL RESOURCE INFORMATION:

[www.nlm.nih.gov/medlineplus/ency/article/000812.htm](http://www.nlm.nih.gov/medlineplus/ency/article/000812.htm)

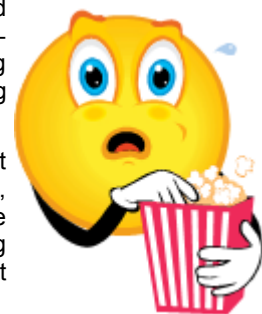
## Be Alert!

### Be Aware of Choking Hazards with Food

—LaWanna Bellerive  
QUALITY ASSURANCE UNIT

*Before you eat that...* you may want to read the label, because some food manufacturers, such as Oscar Mayer, are placing warning labels on packages alerting consumers to possible choking hazards.

Since there are not enough food items that are labeled as potential choking hazards, consumer support teams need to continue conversations about a person's choking history/potential and how to minimize that risk.



Teams should consider the following during planning meetings:



**RISK ASSESSMENT:** Identify if a person is at risk of choking and strategize prevention measures.



**FOOD PREPARATION:** High-risk foods such as hot dogs, raw carrots, grapes, and apples should be prepared in sizes or consistencies that minimize a person's risk of choking.



**TRAINING:** Caregivers must be current with their on-going training on choking prevention and treatment techniques.

If you have ever been a choking victim, or know someone who has, you are familiar with the panic and helplessness experienced by someone choking. **Choking is life-threatening!** As direct care providers, we need to make sure we are doing all we can to keep people safe.